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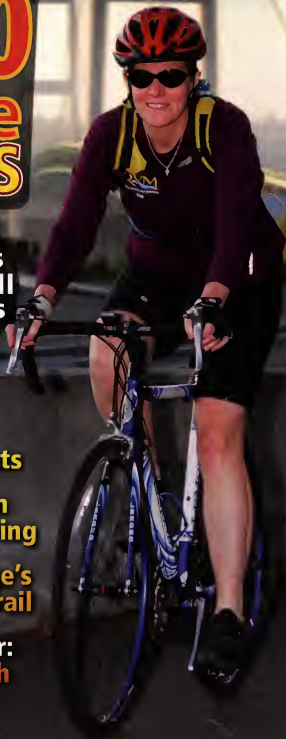
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for Winter!
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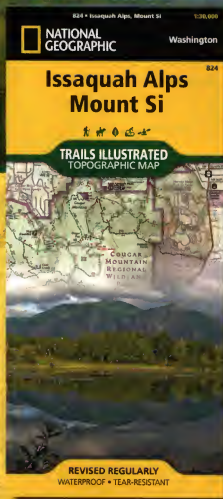
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Oktoberfest!



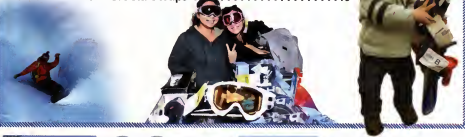
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ABOVE PHOTO: Fremont Oktoberfest includes a range of craft beers to sample. Photo courtesy of Patrick Lennox Wright

COVER PHOTO: Long distance riders cross Puget Sound on the Tacoma Narrows Bridge. Photo by Miles John

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A New Face at Outdoors NW

By Diane Rudholm

While I'm not new to editing or writing or social media, I am certainly new to the *Outdoors NW* staff—so, dear readers, please allow me to introduce myself. My name is Diane Rudholm, and I love the outdoors. Like, really love the outdoors. Like “Walden-is-writing-about-simplicity-and-ponds” love the outdoors.

Don't get me wrong, I love technology, too. The immediacy and possibilities are fascinating. But, getting outside to run, bike, ski, camp and play is much more than a hobby for me—it is a necessity for living a balanced and grounded life.

While I am not a native to the Northwest (forgive me, this), I have always been drawn to exploring mountains and water, navigating and stargazing, savoring the changing seasons.

My stomping grounds were paths through aspen trees and Indian paintbrush, fishing holes on and around Pikes Peak in Colorado and, later on, the dusty boot paths and wild horse trails of Red Rock and Cold Creek Canyon in Nevada.

It was as an adult that I made my way to the Willamette Valley in Oregon, and then to Seattle where I met my ski-loving husband. And it is in this place, nestled between Puget Sound and the Cascades, where we've chosen to raise our son (already an admirable explorer and climber at age 2).

My hope for our little one is that he will love the outdoors as much as we do, that he will appreciate the volcanoes and wildflowers, and rainforests and orchards that make his stomping grounds unique. I hope, too, that he will find the meaningful friendships we have in our vibrant outdoors community.

In a similar spirit of hope and appreciation, I look forward to working with the *Outdoors NW* team and to get to know what makes you, our avid readers, most excited about this gorgeous place we call home.

If you would like to chat sometime about adventures—past or future—or if you'd like to drool over gear with someone, tweet me up at @*OutdoorsNWmag*.



Diane Rudholm,
Managing Editor

Comments? Letters? We would like to hear from you!
Please send your emails to: Editor@OutdoorsNW.com



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COMING EDITORIAL

November/December 2013:

Our Running Issue! Also, Heart Rate Monitors, Profile: Beth Brewster, ultra-marathoner; Getting Kids into Running; Hiking Anacortes; Weekender—Alta Crystal Resort; Event Calendar

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	Covered Bridges Scenic Bikeway
	Willamette Valley Scenic Bikeway

Sports Events - Fall 2013

Walterville Waddle 5K (running).....	Springfield.....	September 7
Oregon Track Club Running Series.....	Eugene.....	Sep12; Oct 10; Nov 14
Oregon Quarter Horse Association Trail Challenge Event.....	Eugene.....	September 12-15
2nd Annual Nick Symmonds Springfield 800 (running).....	Downtown Springfield.....	September 13
Farm-to-Farm Century (cycling).....	Junction City.....	September 14
FAT 55 - Mountain Bike Marathon.....	Oakridge.....	September 14
NW Pleasure Tennessee Walking Horse Association TWHEAD.....	Eugene.....	September 20-22
Cycle the Lakes.....	Cottage Grove.....	September 21
The Dirty Duck 5K (running).....	Eugene.....	September 21
Kids Mountain Bike Day.....	Oakridge.....	September 22
Demo Derby - Championship Night at Cottage Grove Speedway.....	Cottage Grove.....	September 28
Columbia Drag Boat Association NW Nationals.....	Dexter.....	September 28-29
The Ten Miler (running).....	Eugene.....	September 29
NWSA Fall Classic & Futurity Horse Show.....	Eugene.....	October 3-6
Covered Bridges Relay (running).....	Eugene.....	October 5
McKenzie Harvest Walk - Run.....	McKenzie River.....	October 12
Nearby Nature's Haunted Hike.....	Eugene.....	October 18
Walk, Wheel, Run for Veterans.....	Creswell.....	November 9

All dates are subject to change. Please check directly with the event to confirm.

Four weeks of centuries

Summer's end signals Century ride season in the Northwest

By Fiona Cohen



Mount Baker near the Chuckanut Century. Photo by Marc Ambers Photography

Above: Harvest Century cyclists make their way to hot cider and live music.

Centuries, the coveted reward for long hours in the saddle, are long, organized, non-competitive rides. There are different variants ranging from metric centuries (100 kilometers or 62 miles), 100 miles and even a "double metric century" (200 kilometers or 124 miles). Many events feature even shorter routes for those who are a little less ambitious.

Continued on page 10



pick the trails



We live a life of abundant choices. Underneath sunny skies we take to the rivers, the trails, the parks, and the loop to paddle, kayak, climb, hike and bike. We enjoy the fruits of our labor in creating fresh meals, award-winning wines and hand crafted brews. We invite you to choose this place; to visit, to explore and to stay.

What will you pick today?



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Chuckanut Century riders are all smiles as they cross Deception Pass Bridge. Photo by Marc Ambers Photography

But one thing they all have in common is they all feature gorgeous scenery. Other regions may have a "Tour de Beige Suburb" or "Open Pit Mine Classic," but here in the Northwest, we like our rides pretty.

The organization behind the rides ranges from bare-bones—a map, rest-stops and not much else—to luxurious—parties, meals and live music.

Jennifer Hughes, of Eugene,

picked September for her event, the Willamette Valley Farm to Farm Century, because it is harvest time. Her ride, scheduled for Sept. 14, is definitely on the high end of the spectrum.

"I wanted to start a bike ride that focused on local and healthy food," said the Eugene-based race organizer. Along with a good breakfast, locally sourced rest-stop food and a fine after-ride meal, riders are rewarded

with a reusable grocery bag full of gourmet goodies.

Also, September weather tends to be just right.

"June is hit or miss, July and August tend to be kind of hot, September tends to be a perfect day for riding," Hughes said.

There are numerous centuries of various lengths scheduled for this fall. Here are some of our top picks:

Century Rides

Willamette Valley Farm to Farm Century

Date: Sept. 14

Distance in miles: 100

Start and finish: Monroe, Ore.

Scenery: Willamette Valley farm country.

Besides: The course visits five farms. Meals before and after the ride, food during the ride and "bounty bags" given out after the ride all showcase locally produced food.

Info: www.farmtofarmride.com

Chuckanut Century

Date: Sept. 15

Distances in miles: 25, 38, 50, 62, 100, 124

Start and finish: Bellingham, Wash.

Scenery: Beaches, farms, parks, towns and lakes of northwest Washington.

Besides: Bellingham, a burg of 80,000 people, boasts six bike shops. They take their cycling seriously around there.

Info: www.chuckanutcentury.org

Bridges to Breakers — McMenamins Hammerhead 100

Date: Sept. 21

Distance in miles: 100

Start: Portland, Ore.

Finish: Gearhart, Ore.

Scenery: Portland streets, the St. John Bridge, then through forested hills to the Pacific Ocean.

Besides: Oregon football hero Joey Harrington's family started this event



two years ago after an SUV struck Harrington while he was riding his bike. The aim of the ride is to raise awareness and money for bicycle safety.

Info: www.bridgestobreakers.com

Tour de Whidbey

Date: Sept. 21

Distances in miles: 10, 30, 40, 50, 100

Start/finish: Greenbank, Wash. (10 miler starts in Coupeville, Wash.)

Scenery: The beaches, prairies, farms and glades of Whidbey Island.

Besides: The Whidbey General Hospital foundation hopes to use this event to raise \$40,000 for a Breast MRI Scan system.

Info: www.tourdewhidbey.com

Ryder Hesjedal's Tour de Victoria

Date: Sept. 22

Distances in kilometers: 50, 100, 140

In miles that would be: 31, 62, 87

Starts: Sidney, B.C., for the 50, Langford, B.C., for the 100, and Victoria, B.C., for the 140

Finish: Victoria, B.C.

Scenery: Seafront, more seafront, Victoria streets, outlying farms, forests and parks.

Besides: Along with the endorsement of 2012 Giro D'Italia winner Ryder Hesjedal (a local boy), this event offers a variety of features to appeal to road-biking nerds, including timed sections, a detailed course map featuring quirky named corners (example: Sheep & Gumboot), and shuttle buses to the start areas.

Info: www.tourdevictoria.com

Peach of a Century

Date: Sept. 29

Distances in miles: 62, 75, 100

Start/finish: Salem, Ore.

Scenery: Farms and foothills around Salem.

Besides: Organized by the Salem Bicycle Club, this ride has rest stops and a sweep vehicle at the end, but little else in the way of frills.

Info: www.salembicycleclub.org, click on "Event Rides."

Harvest Century

Date: Sept. 29

Distances in miles: 3, 45, 75, 100

Start/finish: Hillsboro, Ore.

Scenery: Vineyards and woods around Hillsboro.

Besides: The course is marked with pumpkins, rest-stop treats include hot apple cider, and the 100-mile-route includes a ferry ride across the Willamette River.

Info: www.harvestcentury.org



Harvest Century rider cruises along the open road.

Ellensburg Manastash Metric Bike Tour

Date: Oct. 5

Distances in kilometers: 50, 104

Start/finish: Ellensburg, Wash.

Scenery: Dry hills, windmills, the Yakima River and pine woods between Ellensburg and Cle Elum.

Besides: There's a reason the organizers tout this as "the drier ride." There may be wind and clouds, but there's a whole lot less rain than there is on the other side of the mountains.

Info: www.drier-ride.org



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Ski Dazzle at CenturyLink Field Event Center, Nov. 8-10

Ski Dazzle
THE SEATTLE SKI & SNOWBOARD SHOW

Ski Dazzle recently purchased the Seattle Ski Fever show, and the new owners are mixing up this year's ski and snowboard scene with a fresh new location and new dates. The event moves from the Washington Convention Center to its new home at CenturyLink Field Event Center Nov. 8-10.

Ski Dazzle promoters, Judy Gray and Jim Foster, have produced the Los Angeles Ski Dazzle for 35 of the show's 50 years and look forward to expanding on the legacy success of the long-running Seattle show. Some of those ideas, said Gray, are to bring in activities and ideas that will better engage show-goers. Attendees will kick off the snow-sports season by taking advantage of bargains, freebies, entertainment and valuable information from popular snow-sports retailers, Northwest resorts, winter-sports publications and more.

Retailers like Sturtevant's and Zumiez—and many others—will be onsite to help event-goers find sweet deals on new equipment, accessories and apparel. Anyone looking for powder alerts, ski condition reports and winter happenings will want to visit the SnowCountry.com booth to sign up for news.

Carter Subaru representatives will bring their car expertise to the show for their seventh year. Ski Washington resorts will be offering

special discount packages, as well as deals on ski and snowboarding lessons. There will also be a Ski Idaho showcase, where all things Idaho will be on display in an impressive 2,500 square foot space.

Attendees can schmoose with helicopter, snow-cat and backcountry adventure guides and learn more about the newest entries into the Seattle non-stop flight markets, including Jackson Hole, Wyoming and Steamboat, Colorado. Resorts in Montana and Canada and many more will offer specials on ski passes and winter vacations.

Outdoors NW will sponsor a Backcountry Pavilion where the cross-country ski track will offer enthusiasts a chance to try out new skis and even snowshoes. Other pavilion exhibitors will highlight backcountry gear, apparel and adventure.

General admission is \$15, which includes a \$10 Liftopia.com gift card. Children between the ages of 6 and

*Top and Middle: Happy shoppers enjoy hot deals on winter accessories and gear.
Main: Ski Dazzle enthusiast takes on the climbing wall. Photos courtesy of Ski Dazzle*

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11 get in for \$5; children under 6 are free. Once inside the show, there will be a ton of free family-friendly activities to choose from, including winter films and a two-story high climbing wall with professional instructors.

Event Information

What: Ski Dazzle, the Seattle Ski and Snowboard Show

When:

Nov. 8: 1 p.m. – 10 p.m.

Nov. 9: 10 a.m. – 8 p.m.

Nov. 10: 10 a.m. – 6 p.m.

Where: CenturyLink Field Event Center, 800 Occidental Ave. S, Seattle, 98134

Parking: Royal Brougham Way South, across from Safeco Field

Directions: www.centurylinkfield.com/directions

Tickets:

General Admission: \$15, includes a \$10 Liftopia.com gift card

Children 6–11: \$5 with adult admission

Children 5 and under: Free with adult admission

More information: www.SkiDazzle.com



Ski Dazzle instructors help these little ones get their ski legs. Photo courtesy of Ski Dazzle

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Catch Ski Fever in Portland Nov. 15–17

SkiFever & Snowboard Show

The weather is cooling down and snow-sport enthusiasts in the Northwest are catching Ski Fever!

Head over to the Portland Expo Center for the 33rd annual Ski Fever show Nov. 15–17. There will be mega opportunities to save cash on new and used ski and snowboard gear and enjoy entertainment, contests and giveaways.

Ski Fever has partnered up with winter sports retailers like Mountain Shop, U.S. Outdoors and Zumiez to bring participants savings of up to 70 percent on new gear. Ski and snowboard reps will be onsite to answer questions, give gear tips, help with fittings and even make sure customers are covered for service after they leave the show.

The event's massive ski swap will run through the weekend for anyone looking to save on new-to-you equipment or to clear out old gear to make room for the new, ensuring that gently loved gear will find a new home.

Entertainment throughout the show includes a pickle eating contest, a Les Schwab chain contest, an action-packed rail jam sponsored by Hillcrest Ski & Sports, a brand spanking new wine chalet and lots more. As a bonus, all participants will receive 2-for-1 lift tickets for six Northwest ski resorts.

Admission is \$13 for adults and \$3 for youth aged 6–12. Children 5 years old and younger enter the show for free. Learn more about this event at www.portlandskifever.com.

Event Information

What: Portland Ski Fever & Snowboard Show

When:

Nov. 15: 1 p.m. – 10 p.m.

Nov. 16: 10 a.m. – 10 p.m.

Nov. 17: 10 a.m. – 6 p.m.

Where: Portland Expo Center, 2060 N. Marine Dr., Portland, 97217

Directions: (503) 736-5200

Tickets:

General Admission: \$13

Children 6–11: \$3 with adult admission

Children 5 and under: Free with adult admission

More information: www.PortlandSkiFever.com



Zumiez fans pose with discounted snowboards.





Seth Wescott shreds in Valdez, Ala. Photo © Brian Nevins, courtesy of Warren Miller

Warren Miller's *Ticket to Ride* 64th annual film features Washington's Tyler Ceccanti

By Diane Rudholm

Do you hear that? Could it be? Is that the sound of another epic ski and snowboard season on the way? In a word: yes. And it is bringing Warren Miller Entertainment's 64th annual ski film with it.

This year's film, "Ticket to Ride," features a group of daring and talented skiers, including Tyler Ceccanti from Lake Tapps, Wash., ripping it up in exotic locations like the Alaskan Tordrillo and Iceland's Troll Peninsula.

The Warren Miller film will return to Washington and Oregon in late October and November. (See schedule below.)

Other world-class skiers and mountaineers featured in Ticket to Ride include Chris Davenport skiing the west face of the Eiger in Switzerland and Julia Mancuso powder chasing in the Arctic Circle. JT Holmes makes human flight look easy

as he soars off a cliff in the heart of Kazakhstan. Ted Ligety, Seth Wescott, Jess McMillian, Sean Pettit and other phenomenal athletes lead the way through legendary stashes and lines that few humans have ever had the thrill of riding.

Max Bervy, the film's managing director, said athletes and crew spent last winter in search of amazing terrain and deep snow, in some of the world's hardest to access ski locales.

Fans will love the jaw-dropping mountain views and glorious action shots they have come to count on in these Warren Miller films.

There are also more serious discussions woven seamlessly into the

film's fun. One particular segment in Switzerland will have viewers holding their breath as it highlights the importance of knowing your stuff when it comes to avalanches. Sascha Schmid and Sigi Rumpfhuber, two skiers who climbed the Eiger, give their expert mountaineering advice.

There are also glimpses into the personal lives of the film's skiers. Of particular note is the segment of Olympian Kaylin Richardson journeying through the Fjords on her way to access the Sunnmøre Alps of Norway—her family's homeland. Skiers hoping to head out on their first hell-skiing adventure soon will want to take notes.

And, for the mountaintop diva in all of us, there are a handful of useful beauty tips to keep your skin looking picture-perfect for your next excursion, including picking out the

best sunscreens, moisturizers, lip protectant and make-up.

Tickets to the film go on sale Sept. 13. Can't wait? Check out the preview of **Ticket to Ride** online at www.warrenmiller.com and check out the Facebook page at www.facebook.com/WarrenMillerEntertainment.

Ticket to Ride show times

Washington

Yakima, Capitol Theatre, Oct. 24
Spokane, Bing Crosby Theater, Oct. 25
Richland, Chief Joseph Middle School, Oct. 26
Tacoma, Pantages Theater, Nov. 2
Bellingham, Mt. Baker Theatre, Nov. 8
Bellevue, Meydenbauer Center, Nov. 9-10
Bremerton, Admiral Theatre, Nov. 14
Olympia, Wash. Center for the Performing Arts, Nov. 15-16
Auburn Center for the Performing Arts, Nov. 20
Historic Everett Theatre, Nov. 21
Seattle, McCaw Hall, Nov. 22-23
Kirkland Performance Center, Nov. 26-27

Oregon

Portland, Arlene Schnitzer Concert Hall, Oct. 25
Portland, Aladdin Theater, Oct. 27
Bend, Tower Theater, Nov. 15-16

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Sat, Nov. 9: 9am-5pm

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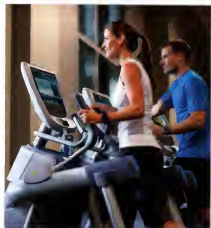




Effective indoor training tips for winter conditioning



Precor's Adaptive Motion Trainer (AMT)



When old man winter sends your workout indoors, it can feel like you're being sent into a training timeout, but you can train for your outdoor winter sports indoors just as effectively, if you do it right.

A little cross-training is good for every athlete and should be incorporated into every plan. It keeps your performance from plateauing, reduces injury and is the recipe for a healthy, well-rounded athlete. When it's forced on you, however, you might enter those gym doors a little more begrudgingly.

Whether you are a skier, snowboarder, climber or snowshoer, you don't have to feel chained to the treadmill in the gym anymore. There is some new technology hiding indoors that can safely prep you for your winter sport while keeping you on track to your performance goals.

Purists look down their nose at gym machines, especially cardio equipment, because many old-school models do lighten the demand on your body, which to an athlete is a bad thing.

Treadmills eliminate the forward momentum of running, so you are basically just moving your feet to keep the belt from shooting you off the back. Ellipticals take away the impact on your joints, a common complaint from treadmill users, but you are stuck to one range of motion and most often just go along for the ride. Upright bikes give you all the pedaling resistance you can handle, but with no

risk of falling over, your balance is not challenged—a necessary component to cross-training for winter sports.

There are other pieces of equipment on the block you may have missed while you were training in the great outdoors. Based out of Woodinville, Wash, Precor, the inventors of the elliptical, brings us the newest cardio advancement. Precor's Adaptive Motion Trainer (AMT) lets you take the lead instead of the machine doing the work.

The AMT looks much like an arc trainer, but it allows you to have complete control: your speed, stride length, stride pattern and resistance are all up to you. You can change your workouts at will, just by moving naturally. With the AMT you can go from short to long strides, walking to running, climbing to even lunging smoothly, easily, and whenever the heck you feel like it.

The difference is in the Open Stride feature that allows you to not only dynamically adapt your stride length from zero to 36 inches but also your stride height—from 6.8 to 10 inches—providing an infinite range of stride patterns that engage several muscle groups. Go from running, to lunging, to stair stepping—even drop your butt, hunker down and simulate

navigating moguls—whatever your winter sport throws your way. Strength training is an integral part of cross-training, as well, and nothing replaces the weight room. Use free weights to challenge your balance and be sure to focus on exercises that work your core and the major muscles of your lower body to prepare them for the stabilizing demands of most winter sports.

Functional training using equipment like kettlebells, TRX straps, battle ropes, and unstable surfaces like balance boards and BOSU balls, train your body in the way it's designed to move, with compound movements using multiple muscle groups.

The gym doesn't need to be a watered-down version of your outdoor sport training. Trading the great outdoors for four walls doesn't mean you have to put your training on hold. Use it as an opportunity to fine-tune, learn and grow as an athlete. 🌲



Kelly Turner is a professional fitness writer from Seattle. Her no-nonsense, practical advice has been featured on *DietInReview.com*, *FitnessMagazine*.

com, Yahoo! Shine, and she has a regular fitness column in *The Seattle Times*. Follow her on Twitter @KellyTurnerFit.

Northwest Ski Swaps— no sticker shock here!

*Future powder seeker
checks out low prices at
Mt. Hood Snow Sports Swap.*

Save some of your hard-earned cash for a snowy day. It's ski-swap season, which means it's time to enjoy new-to-you ski and snowboard gear without the sticker shock. Check out an event in your area.

Oct. 1 – 2: Tacoma Ski Swap, Tacoma, Wash., www.tacomaskiswap.com

Oct. 4 – 5: Mt. Hood Snow Sports Swap, Hillsboro, Ore., www.mhss.com

Oct. 12: Skyliners Winter Sports Swap, Bend, Ore., www.mbsef.org/events/skyliners_ski_swap

Oct. 12: Leavenworth Gear & Ski Swap, Leavenworth, Wash., www.skileavenworth.com/events/ski-swap

Oct. 17 – 20: Corvallis Ski Swap, Corvallis, Ore., www.corvallisiskiswap.org

Oct. 19 – 20: Mountain to Sound Ski Swap, Seattle, Wash., www.m2soutfitters.com

Oct. 25 – 26: Eugene Ski Swap, Eugene, Ore., www.eugenekiswap.org

Nov. 2 – 3: Yakima Ski Swap, Yakima, Wash., www.yakimaskiswap.com

Nov. 8 – 9: Newport Ski Swap, Bellevue, Wash., www.skiswap.info

Nov. 9 – 11: Olympia Ski Club Ski Swap, Olympia, Wash., www.olympiaskiclub.org

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GET YOUR OOM-PAH ON!

Northwest Oktoberfests are upon us

By Kendall Jones



Tap the kegs and hoist your stein—it's Oktoberfest and beer drinkin' time!



Top: Bier frau in Bend, Ore. Photo by Joseph Eastburn



Bottom: Crowds gather in Mount Angel, Ore., for beer and wiener dog races. Photos courtesy of Mount Angel Oktoberfest

Mount Angel Oktoberfest

This is Oregon's longest-running festival. It has been known as Oktoberfest since 1966, but some kind of harvest festival has been happening in Mount Angel since the late 1800s, which is about the same time they started celebrating Oktoberfest in Munich.

As many as 300,000 people will attend the four-day event, which is much more than a beer festival and includes wiener dog races, an arts and crafts fair, a car show and more. Children are welcome at this community event, and they can even hang out with their parents in the beer and wine gardens until 9 p.m.

Mount Angel, Ore. — Sept. 12-15;

Thursday, Friday and Saturday:

11 a.m. – midnight

Sunday: 11 a.m. – 9 p.m.

www.oktoberfest.org

Continued on page 22



sept 21
2-10pm

biketoberfest
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Biketoberfest

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music from local bands,
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riders and the infamous
Huffy Huck, which sees
contestants tossing cheap
bikes for distance.

Enjoy more than a dozen
different organic beers from
Hopworks Urban Brewery,
which hosts this event. For
the kiddos, there will be a
bouncy house, a climbing
wall and face painting.

Hopworks Urban Brewery
2944 SE Powell Blvd.

Portland, Ore.
(503) 232-4677

Sept. 21: Noon - 10 p.m.
www.hopworksbeer.com/biketoberfest



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Inland NW Craft Beer Festival

This event provides an opportunity to sample a huge assortment of Washington-brewed fall seasonal and other beers served up in a festive, riverside atmosphere along with Bavarian-themed music and food.

This is an excellent opportunity to sample beers from the breweries of eastern Washington, many of which don't distribute beer west of the Cascades. The Washington Beer Commission, the only state-appointed commodities commission of its kind in the country, hosts Inland NW Craft Beer Festival and all proceeds benefit its efforts to promote Washington beer locally,



Onlookers shield themselves from pumpkin spray in Fremont carving contest. Photo by Patrick Lennox Wright

nationally and globally.
Riverfront Park
Spokane, Wash.
Sept. 27: 4 – 8 p.m.
Sept. 28: Noon – 8 p.m.
www.washingtonbeer.com/oktoberfest

Fremont Oktoberfest

This is one of the Seattle's biggest parties of the year. Once-freaky Fremont has become much more civilized

in recent years, but for three days each autumn the neighborhood cuts loose for Fremont Oktoberfest, which attracts huge crowds to

Continued on page 24

Stay and Play on the Kitsap Peninsula

SAVE THE DATES

Pizza Pedal & Run
 Sept 7 - Bremerton / Kitsap
Tri Turtle Triathlon
 Sept 8 - Bremerton
Kitsap Color Classic Bike Race
 Sept 29 - Poulsbo / Hansville
Poulsbo Marathon & Half Marathon
 Oct 13 - Poulsbo
Halloween Run
 Oct 27 - Bremerton
Spooky 12K Run
 Oct 27 - Port Gamble
Veteran's Day Fun Run
 Nov 9 - Poulsbo
Roots Rock Trail Running
 Doppel 50K
 Nov 24 - Port Gamble
Jingle Bell Run
 Dec 7 - Port Orchard

Visit [Kitsap Peninsula](http://KitsapPeninsula.com)
Water Trails Map



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 and things to do.



Visit [Kitsap Peninsula](http://KitsapPeninsula.com)
 The Natural Side
 of Puget Sound
VisitKitsap.com





Lively pirates enjoy festivities in Anacortes, Wash. Photo by Chris Terrell

Fremont Oktoberfest
North 35th Street and
Phinney Ave. N.
Seattle, Wash.

Sept. 20: 5 – 11:30 p.m.

Sept. 21: 11 a.m. – 11:30 p.m.

Sept. 22: 11 a.m. – 5:30 p.m.

www.fremontoktoberfest.com

Bend Oktoberfest

Bend, Ore.'s reputation as one of the greatest beer towns in the Pacific Northwest continues to grow. Once known by beer lovers as merely the home of Deschutes Brewing, it is now home to a dozen breweries.

For this event, they shut down one of downtown's main streets for two days of beer-fueled, German-inspired fun, food and music. Earplugs will help you tolerate the Yodeling competition. Make a side bet with your buddies on the Wiener Dog Races, Saturday at 3 p.m., where dachshunds dash for glory. Friday night is a 21+ affair.

The event includes an official beer garden, but use this as an opportunity to visit one, or all, of the city's many breweries.

Downtown Bend on Oregon Avenue

Sept. 20: 5 – 10 p.m.

Sept. 21: Noon – 10 p.m.

www.bendoktoberfest.com

Anacortes Oktoberfest
Bier on the Pier

Instead of continuing on to the San Juan Islands, as so many people

do, force yourself to stop short of the ferry dock in Anacortes to enjoy an Oktoberfest celebration on the waterfront.

At least 30 breweries will pour beer at this year's festival, making the Bier on the Pier one of the largest Oktoberfest celebrations in the region.

Along with musical entertainment, Friday and Saturday, there will be a "German Costume" contest with prizes awarded for the most authentic or creative costumes. Spend the night in Anacortes and enjoy live music at a number of downtown venues after the festival concludes. Since you're so close to the islands, drop the kayak in the pond on Sunday morning and spend the day paddling through the San Juans.

Commercial Ave. & 1st Street
Anacortes, Wash.

Oct. 4: 5 – 9 p.m.

Oct. 5: Noon – 6 p.m.

www.anacortes.org/oktoberfest

Leavenworth Oktoberfest

In Leavenworth, Wash., it is not so much a beer festival as it is a way of life. It takes three weekends for this Bavarian-style village to get the Oktoberfest bug out of its system. The crowds are enormous and hotel rooms hard to secure, but if you are looking for an authentic Oktoberfest experience, this is it.

Men in lederhosen and women in dirndls hoist liter steins of German



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beer, rock back and forth to oom-pah music, and do the chicken dance. The party takes over the entire town, but tickets are required to get into the official festival and can be purchased in advance on the website or in person at the event. Kids are welcome until 9 p.m. each night.

Downtown Leavenworth
Oct. 4-5, 11-12, 18-19
www.leavenworthoktoberfest.com

Great Pumpkin Beer Festival

It might not be an Oktoberfest celebration, but it is a harvest season festival that is all about beer. While German beer purity laws forbid the use of pumpkin in the brewing process, that doesn't stop Elysian Brewing from hosting the annual Great Pumpkin Beer Festival, which sees breweries from across the nation submit their best gourd-inspired creations.

In all, more than 60 different pumpkin beers will be served at this three-day event. The beers range from delicious to bizarre. Attendees are encouraged to dress up in pumpkin-inspired outfits of any type. Elysian actually serves beer from a giant pumpkin: instead of being a cask-conditioned beer, it is a pumpkin-conditioned beer.
5510 Airport Way S.
Seattle, Wash.
Oct. 4: 4 - 10 p.m.
Oct. 5: noon - 6 p.m.
Oct. 6: noon - 6 p.m.
www.elysianbrewing.com

www.OutdoorsNW.com



Elizabeth Station is one of many businesses participating in Bellingham Beer Week.

Bellingham Beer Week

Celebrate craft beers in Bellingham, Wash., with 10 glorious days of festivities, including brewers nights, tap takeovers, competitions and more.

Bellingham, Wash.
Sept. 20-29
bellinghambeerweek.com

*Kendall Jones is a proud native and lifelong resident of the Pacific Northwest. After spending too many years writing about computer software, he decided to pursue his true passion: writing about beer. Kendall produces beer-tasting events in the Seattle area and is recognized in the craft beer community for his work as curator of the **Washington Beer Blog**, a popular online source for beer news and information.*

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Schooner Exact Brewing Company



Above: Schooner Exact's Matt McClung is no stranger to beer and biking.

Right: Schooner Exact Brewing and Pub where in addition to fabulous beer, the kitchen uses fresh ingredients and house-made everything!

No Guts, No Glory

Story and Photos by Kendall Jones

As a mountain bike racer, Matt McClung rode alongside the pros, competing in the expert class where he often ranked top five in the Northwest. The owner of Seattle's Schooner Exact Brewing Company has never been afraid to hang it all out there, but historically his risk-taking involved navigating single-track MTB trails, negotiating tight hairpins and five-foot drops.

For Matt, stepping away from the comfort and security of his career teaching high school chemistry to build a brewery required a different kind of guts, especially as he and his wife, Heather, prepared to start a family.

Schooner Exact Brewing was born in 2007 as a part time business working out of an Active Space unit in West Seattle, brewing two kegs at a time in the evenings and on weekends, supplying beer to just a couple of accounts in Seattle.

Three years later Matt and his wife Heather took a huge leap of faith; at the end of the 2010 school year, they both quit their day jobs as educators and instantly transitioned to fulltime brewery owners.

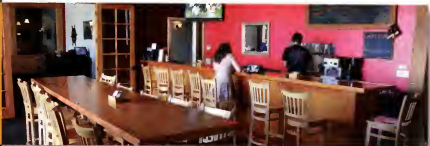
The brewery has grown exponentially and is now one of the most respected young breweries in the Northwest. In 2007, the brewery produced just 50 barrels of beer. Today, the business thrives, supporting not only Matt and Heather, but also about a dozen other employees.

Schooner Exact is on target to brew 4,000 barrels (8,000 kegs) in 2013 and it seems the risk has been met with reward. In February, 2012, Matt and Heather welcomed their first child, Ellie, to their family.

Schooner Exact Brewing is located in Seattle's SoDo neighborhood, where they operate a brewery and pub. In addition to fabulous beer, the kitchen uses fresh ingredients and house-made everything to deliver elevated cuisine that exceeds expectations.

The brewery is quickly earning a reputation about its barrel-aged beers. If you're lucky, they might have something special on tap for you.

Schooner Exact, 3901 First Ave. S., Seattle, WA 98134
(206) 432-9734 • www.schoonerexact.com



Fresh Hop Festivals

By Kendall Jones

Around the Pacific Northwest, the way many beer lovers celebrate the Oktoberfest season involves fresh hop ales. After all, the USA's entire hop crop comes from the Northwest. Our brewers have an unfair advantage when it comes to procuring the freshest hops and they do not let the opportunity go to waste. These two festivals provide a great opportunity to sample a wide variety of fresh hop beers.

Hood River Hops Fest

The many outdoor activities for which Hood River, Ore., is famous must be thirst-inducing. Perhaps that explains why this has become one of the region's top beer destinations, with four breweries within the city limits and several more nearby.

Each year the Hood River County Chamber of Commerce celebrates

the local beers scene and the annual hop harvest with big beer festival on the streets of downtown Hood River. The primary focus at this festival is on Fresh Hop Ale where more than two dozen breweries will pour. Children are welcome at the event during the day, but after 6 p.m. this becomes a grown-ups only affair.

Hood River, Ore.

Sept. 28: Noon – 9 p.m.
[hoodriver.org/events-festivals/
chamber-events/hops-fest](http://hoodriver.org/events-festivals/chamber-events/hops-fest)

Yakima Fresh Hop Ale Festival

Each year the Yakima Valley produces 75 percent of the nation's hop crop and this event celebrates the harvest season with beers made using the freshest hops available.


By unofficial definition, fresh hop

ale must be brewed with hops that were harvested within the last 24 hours. In addition to being a beer festival, this is a judged competition with breweries competing for highly coveted ribbons with many of the judges hop farmers themselves.

The competition is fierce and the judging process is intense: after all, hops are a way of life in Yakima. On the other hand, the beer festival itself is not nearly so serious an affair. People with hop allergies should avoid this event at all costs. Along with the beer, the event offers great food, great music and an opportunity to support a worthy cause—Allied Arts of the Yakima Valley.

**Millennium Arts Plaza
Yakima, Wash.**

Oct. 5: 5 – 10 p.m.
www.freshhopalefestival.com



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Cape Horn

New trail in the Columbia River Gorge is already a classic

Story and Photos
by Craig Romano

Gorgeous Columbia River Gorge views from the Cape Horn Trail.

There are scores of magnificent hiking trails within the Columbia River Gorge National Scenic Area. Yet, none of them captures the full essence of the Gorge like the **Cape Horn Trail**.

On this 7.5-mile loop you'll experience many of the facets that make the Gorge such a fascinating and magical place. Clamber over oak-cloaked basalt bluffs that precipitously drop to river's edge. Duck beneath a waterfall tumbling down a stark cliff face. Saunter through maple groves carpeted in spring with resplendent wildflowers. Stroll across hilltop meadows where perpetual breezes sway tall grasses and whistle through

contorted firs. And stand upon lofty knolls mouth agape, eyes wide open, beholding some of the most stunning scenery in the country.

One of the Gorge's newest trails, the Cape Horn Trail, is destined to be a classic! From the trailhead (see Getting You on Your Way sidebar), immediately enter a luxuriant forest of mature maples. Then begin climbing up the long ridge leading to Cape Horn. The tread is smooth and

solid and the grade not too taxing thanks to the Washington Trails Association (WTA). Their league of dedicated trail building volunteers transformed a rough and steep user-built path into a state-of-the-art wilderness walkway.

Continue on the trail switch-backing to the ridge. Then along the ridge crest steadily keep ascending through a tunnel of greenery coming to the first of several ledge-top viewpoints on 1,300-plus foot Pioneer Point. Pause, catch your breath and stare in amazement down to the Columbia River and the

Continued on page 30

WHISTLER BLACKCOMB

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an ice age and some
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to get it right.



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Cigar Rock viewed from the Cape Horn Trail.

impressive green wall of Oregon peaks and ridges flanking it.

Cape Horn, along with Crown Point in Oregon, forms the western gates of the Gorge. And Cape Horn, like Crown Point, was a major obstacle for early highway development. Via a cliff-hanging viaduct, the Evergreen Highway (SR 14) was completed around this imposing landmark in 1930.

The original roadway

still clings to Cape Horn, providing a breathtaking, albeit slow drive. The view of the highway from above is equally breathtaking — and far less nerve-racking than the white-knuckle narrow and twisty drive.

If hiking with children and dogs, it's possible to bypass these vertigo-inducing ledge tops. Less intimidating viewpoints lie farther along the trail. Now drop into a green glen and follow an old





Cape Horn Trail hovers on bluffs above the Columbia River Gorge.

woods road to a field-carpeted hilltop. Cross Strunk Road and continue through meadows bursting with blossoms come spring. A big house once stood here. Several more were planned. Today, it's just meadow, forest and a grand overlook dedicated to Nancy Russell, who helped preserve this tract.

Russell, who passed away in 2008, was the founder of the Friends of the Gorge and a driving force in the creation of the National Scenic Area.

More visual delights await, so continue hiking heading back into lush forest. Descending, soon reach a spectacular viewpoint framed by windblown firs. Here above the highway, is the classic Cape Horn view that

motorists get. You have it all to yourself.

Trace the landscape east to the Columbia's sparkling waters surrounding Skamania Island. Beacon Rock juts its basaltic head from an emerald cloak. Oregon's lofty Nesmith Point and neighbors yield abruptly to the mighty river.

The trail reaches SR 14 at 3.5 miles where an attractive pedestrian underpass allows safe passage of the busy road. Beyond, the trail's mood radically changes. The terrain becomes more rugged, the topography more harsh, the tread rockier and more challenging but the scenery is awesome.

The lower half of the trail

Continued on page 32



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traverses important wildlife habitat, too. Its cliffs house peregrine falcon nests and its talus slopes are home to threatened Larch Mountain salamanders. To protect these species, the lower half of the loop is closed from Feb. 1 to July 15.

The way now travels across oak-topped basalt bluffs hovering above the Columbia. Views are jaw-

dropping. Stare at Phoca Rock protruding out of the river. Lewis and Clark named it for seals from the genus Phoca. Interestingly, they bestowed the name Cape Horn on another cliffy section of the Columbia downriver in Wahkiakum County. A member of Hudson's Bay Company from Fort Vancouver named this area

Cape Horn for its birds. It morphed into Cape Horn years later.

The trail now drops steeply emerging on a bluff teetering right above the river. Railroad tracks below disappear into a long tunnel. Head east along precipitous bluffs lined with contorted oaks. Clamber up and down rugged scree slopes stopping for a jaw-slacking view of Cigar Rock, a narrow vertical basalt bluff hemmed by the cape. The scenery doesn't get any more stunning.

Pass beneath a waterfall. From here, the trail skirts cliffs and cuts across steep slopes dropping to paved Cape Horn Road. Follow this pastoral country road 1.3 miles back to the

trailhead, occasionally turning around to look back up at Cape Horn's magnificent cliffs.

"This trail is a gem for the Washington side because of its diverse forests, wildflowers and incredible views," says Rene Tkach, of the Friends of the Columbia Gorge.

Ryan Ojerio of the WTA concurs.

"This trail has many attributes making it an excellent destination; spring wildflowers, fall colors, a few old-growth Douglas-firs, moss-covered talus slopes unique to the Gorge, and a waterfall," raves Ojerio. "But the *Pièce de résistance* is the sweeping vista of the Gorge from the Washington side



the Path to Paradise
is unpaved
Skamania County

Skamania County Chamber of Commerce Visitor Information Center
167 NW 2nd Avenue (Highway 14), Stevenson, WA ~ 800-989-9178
www.skamania.org ~ [facebook.com/skamania.chamber](https://www.facebook.com/skamania.chamber)



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showcasing the dramatic cliff edges of the Gorge in a way that you can't see it from the Oregon side."

Hike this trail yourself to see why the Cape Horn Trail has become a Columbia River Gorge Classic. 🌲

Craig Romano is Trails Editor of Outdoors NW and is the author of nine Northwest hiking guidebooks including **Day Hiking Columbia River Gorge** (The Mountaineers Books), which spotlights 100 hikes on both sides of the river. Visit him at CraigRomano.com.

Getting you on your way

Trip Details

Distance: 7.5 miles roundtrip with 1,350 feet of vertical elevation.

Tailhead Directions: From Vancouver, follow SR 14 east for 26 miles to trailhead at Park and Ride at junction with Salmon Falls Road.

Permits Required: None

Green Trails Maps: Columbia River Gorge West No. 4285

Notes: Dogs permitted on leash; upper half kid-friendly.

Contacts: Columbia Gorge National Scenic Area
www.fs.usda.gov/crgnsa; (541) 308-1700

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Hydration Tips for Northwest Running Stay Hydrated This Summer



Whether you're out enjoying a run at Greenlake or Forest Park, a trail run or training for your next race, staying hydrated is healthy, great for performance and makes for a more comfortable run.

Here are some considerations for staying hydrated on-the-run:

HOW MUCH TO DRINK?

It's a good idea to drink about 8 oz. for every 20 minutes of running - increase that if it's really hot out or if you're a trail blazer. Plain water or sports drinks work well for most. Make sure it's something you've tried before!



Waistpacks and hydration belts keeps your hands free.

COMFORTABLE OPTIONS FOR CARRYING FLUID ON-THE-GO:

Water is pretty heavy itself, so having a good carrying solution makes a big difference. Look for something that's comfortable to carry, lightweight and minimalist. There are two easy-access options most runners prefer; a waist belt or handheld bottle.



Waist bottle packs generally have one or two 12 - 20 oz. bottles and storage for extras like nutrition, phone and keys.

Hydration belts use numerous smaller bottles (8 - 10.5 oz. each) with one or more storage pouches. All Amphipod belts are customizable, designed for running, lightweight, minimalist and bounce-free with easy to access fluid and essentials!



Handheld hydration comes in various sizes from 10 - 20 oz.

Handheld Bottles sport a strap and usually a small pocket or phone holder. Amphipod's patented Hydraform™ Handheld designs allow your hand to relax with a 40% flatter bottle profile.




You can find Amphipod's full range of carriers for running (a Pacific Northwest Proud™ brand), at local specialty running shops and specialty outdoor stores. Visit www.amphipod.com to find the nearest run shop to get you started.



Adventure awaits along 28 miles of Pacific Ocean bliss

By Rebecca Agiewich



Biking at Cape Disappointment State Park. Photo by Rebecca Agiewich

Washington's Long Beach Peninsula is known for its abundance. It's got oysters. Birds. History. Lighthouses. And beach—28 miles of it—making it one of the longest continuous stretches in the country. Long Beach, Wash. has been named one of "America's Favorite Beach Towns" by *ForbesTraveler.com*.

You need weeks to truly enjoy all that this spectacular shoreline along Washington's southwest coast offers. My husband Dave and I were determined to gorge ourselves on as many outdoor delights as we could in two days last May. And between adventures, we fueled ourselves with treats from the area's top-notch restaurants.

Horseback ride on the beach

Things started off right with breakfast at the charming Shelburne Inn in Seaview, where owner David Campiche served up mouth-watering brioche French toast, strong coffee, and entertaining conversation. Then we headed out on our first adventure of the weekend: a horseback ride on the beach with Back Country Outfitters.

You couldn't ask for a better riding beach than the broad, flat one in Seaview, which seems to go on forever. On our gentle horses, we walked and cantered along the sun-warmed shoreline and I felt winter fade further with every hoof print in the sand. I'd always wanted to ride on the beach, and this two-hour excursion didn't disappoint.

At our turnaround point, we had a stunning view of the dramatic cliffs of Cape Disappointment State Park. Several hours later, we were standing on those very cliffs, looking out at a sweeping view of the confluence of the Columbia River and the Pacific Ocean.

Cape Disappointment State Park

Our trip to Cape Disappointment State Park started with

a ramble on the Westwind Trail. We had this sun-dappled and wildflower-strewn forest hiking trail to ourselves—except for the frogs. At least a dozen little brown frogs hopped back and forth across the one-mile path, and their chorus of croaks occasionally echoed through the trees.

Next we took the accessible and bike-friendly trail to the North Head lighthouse. This iconic Northwest beacon was constructed in 1856 in response to the many shipwrecks that occurred here at the mouth of the Columbia River (the "graveyard of the Pacific").

Though dangerous for boats, the area offers glorious views from above, and you can see why William Clark enthused about it in his journal from 1805: "*Men appear much satisfied with their trip beholding with astonishment the high waves dashing against the rock and this eminence Ocean.*"

Biking the Discovery Trail

There was still much left to see at Cape Disappointment State Park. So, after carbo-loading on gnocchi at The Depot for dinner, the next day we combined a bike ride on the Discovery Trail with another trip to the park.

The mostly-paved 8.5-mile Discovery Trail extends north-south from Long Beach to Ilwaco, taking you through grassy dunes with gorgeous glimpses of ocean along the way. Sculpture and interpretive exhibits along the trail teach you about the area's rich history.

After pedaling south from Seaview, we noticed how the

trail changed from windswept dunes to cool forest as it neared Ilwaco and Cape Disappointment State Park. After reaching the park, we biked to the trailhead at the Cape Disappointment Lighthouse (the oldest lighthouse still in use on the west coast), and then followed the short hiking trail to the lighthouse.

We had so much difficulty tearing ourselves away from the Long Beach Peninsula that we didn't get back home to Seattle until late on Sunday night. As we drove north past

famous Willapa Bay—one area we didn't get to explore on this trip—we vowed to come back soon, next time with our kayak. 🌲

Rebecca Agiewich of Seattle is a regular contributor to *Outdoors NW*. Her last travel article was about Tree Climbing in Oregon in our July/August, 2013 edition. outdoorsnw.com/2013/escapes-go-climb-a-tree-in-central-oregon

If you go

General

Long Beach Peninsula Visitor's Bureau: funbeach.com

Eating and Sleeping

China Beach Retreat: Tucked away on a peaceful cove, this three-room inn just round the corner from Cape Disappointment State Park offers stunning views out to a Columbia River estuary. The Audubon Cottage next door offers even more privacy. Bring binoculars for bird watching! www.chinabeachretreat.com

Shelburne Inn: The oldest continuously operating hotel in the state of Washington, this award-winning bed-and-breakfast is owned by David Campiche and Laurie Anderson, who also own the China Beach Retreat. www.theshelburneinns.com

The Depot: A lively restaurant that used to be a railroad depot in the early 1900s. Think seafood here, folks, lots of it! www.depotrestaurantdining.com

42nd Street Café: A "casual yet upscale" eatery showcasing seafood from the Columbia River, the Pacific, and Willapa Bay. www.42ndstcafe.com

Cape Disappointment State Park: www.parks.wa.gov; www.capedisappointment.org

Long Beach Peninsula Visitor's Bureau: www.funbeach.com

Discovery Trail: www.funbeach.com/local-attractions/discovery-trail

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Off-season family camping: Preparing for fall and winter camping



Photo by Amy Whitley

In my family's early backpacking days, we'd store our gear after Labor Day and resign ourselves to a camping-free winter. As my kids have become better hikers, snowshoers, and skiers, however, we've dabbled in autumn and winter backpacking.

Our inaugural trip, a six-mile Nordic ski-in to a backcountry hut on Mt. Hood, proved both a success and a learning experience, and this winter, we're back for more.

While intimidating at first, families who are competent summer backpackers can transition to winter expeditions in the Northwest safely and comfortably. Plus, there are no mosquitoes in January!

Off-season family camping takes more preparation than its summer equivalent, a little extra gear, and a new set of safety rules.

Determine your route carefully

If you're Nordic skiing into your destination, you may be able to cover more miles per day than if snowshoeing, but it depends on the terrain. Our six-mile trek on skis last winter was a mixed bag; the miles flew by while on forest service roads,

but crawled while we navigated fresh powder and creek crossings.

Read your topographical map carefully and note sections that will be challenging. If your route includes grades of over 20 percent in snow, you'll need specialized avalanche training.

Check last-minute conditions

What is the snow pack like? What's the weather forecast? Have there been any avalanche warnings in the general area? (www.weather.gov offers detailed backcountry forecasts.) Be prepared to make last-minute changes to your itinerary if necessary. In addition to checking conditions online, ask questions in a local gear rental store or ranger station for a local perspective.

Have the right gear

Families can use the same packs, trekking poles, and camp kitchen equipment used in summer (and chances are your sleeping bags are already rated for 10 degrees or lower), but in addition to skis or snowshoes, it's necessary to have a four-season tent.

Remember that heavy packs are unwieldy while on skis or pushing through snow on snowshoe; I recommend a one-nighter with lighter packs to start out. Winter clothing is essential; everyone should wear a quality

base layer in addition to mid-layers and waterproof, breathable outerwear. Waterproof boots and extra socks are a must. Don't forget sunglasses...the winter sun reflected off snow is no joke.

Pick a smart base camp

Once at your destination, place your camp kitchen in a protected area if possible, and place your tent in the path of the sunrise for extra warmth. Because our kids like to play in the snow upon arrival (I envy the extra energy), we outfit them with gaiters so snow doesn't become packed in their boots. Once clothing is wet, it's hard to dry it in the backcountry.

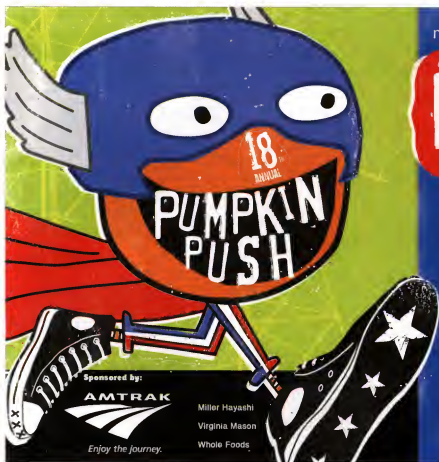
Amy Whitley of Medford, Ore.

writes about her family adventures in **NW Kids** every edition in **Outdoors NW**. Miss a column? Log onto www.OutdoorsNW.com and search **NW Kids**.



If You Go

Washington Sno-Parks/Maps/ Trails: www.parks.wa.gov/winter
Oregon/Washington BLM trail directory: www.blm.gov/or/index.php
Idaho: www.idaho.gov/aboutidahomaps.html



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Cyclocross Season

Bring on the bicycles, obstacles and mud. Cyclocross season is ramping up across the Northwest including Seattle, Portland, Bend, Spokane region/northern Idaho and Walla Walla. Speed down a hill one moment, carry your bicycle over hurdles the next — and have a whole lot of fun along the way. Race or watch!

Seattle Cyclocross: www.seattlecxc.com

MFG Cyclocross: www.mfgcyclocross.com (Seattle)

Cascade Cross Series: www.cascadecross.com
(Bellingham)

River City Bicycles Cross Crusade:
www.crosscrusade.com (Portland)

Bend Cyclocross: www.bendcyclocross.com

Inland NW Cyclocross series
(Eastern Wash. and Idaho):
www.emdesports.com/Race_Flyers/Inland_Northwest_Cyclocross_Series/inwcxs.html



Joelle Guynup carries bike across sandpits in Bellingham, Wash.
Photo by Geoffrey Grosenbach, courtesy of Cascade Cross Series



Stunning mountain views. Photo courtesy of Snohomish County Tourism Bureau

Snohomish County Audio Tours

When visiting an area for the first time, having the advice of a knowledgeable tour guide can be invaluable. With that in mind, the Snohomish County Tourism Bureau has produced several self-guided phone tours you can download to a cellphone, smart phone or tablet for free.

There are a number of tours to choose from. We like the Mountain Loop Highway tour for interesting and fun facts on hikes in the Cascade Mountains and Mount Baker-Snoqualmie National Forest. Download your tour at www.snohomish.org/guides/download/now



Beat Winter Gloom with Vitamin ID

If you're looking for ways to beat winter gloom, Idaho's deep powder and sunny blue skies could be just what the doctor ordered. The Vitamin ID online sweepstakes is back for the 2013–2014 ski season. Winners will enjoy lodging and lift tickets to Idaho's top ski destinations including Schweitzer, Brundage, Bogus Basin, Sun Valley and Lookout Pass. Weekly giveaways start Oct. 1 and run through Feb. 2014. Enter to win at www.IdahoWinter.org.



Mount Rainier viewed from Marine Park at twilight. Photo courtesy of Metro Parks Tacoma

Tacoma welcomes Ruston Way promenade connection

The City of Tacoma, Metro Parks and Tacoma-Pierce County Health Department will host a celebration on Sept. 22 to commemorate the opening of the interim pedestrian and bicycle pathway. The connection between the Ruston Way promenade and Point Defiance Park marks the first step toward development of a permanent trail expected to open in late 2015.

Tacoma Wheelmen and VeloFemmes will host bike rides. Event-goers can also walk, run and roll from downtown Tacoma to Point Defiance Park. There will be a range of other wellness and creative activities — like Zumba, chalk art and yarn-bomb bikes — providing fun ways to think about art, health and the

environment. Kids will enjoy a bouncy house and free iced fruit bars.

This event is free and open to all members of the community.

The first 1,500 people to pre-register will receive a free commemorative event cinch pack.

Event Details

What: Tacoma Waterway Open Streets Celebration

When: Sept. 22, 2013, 8 a.m. – noon

Cost: Free admission.

Info: www.metroparkstacoma.org/downtowndefiance

More Buzz on page 40



Tennis Center Sand Point

It's official! Tennis Center Sand Point at Seattle's Magnuson Park has opened to the public. This brand new indoor facility features 10 tennis courts, a viewing platform, locker rooms, a pro shop and a full-service café—complete with wifi. The tennis center is staffed by seasoned instructors with experience in developing athletes and their skills.

The center hopes to expand upon three years' worth of programing started by Racquet Training Center to provide the tennis community with clinics, workouts, personal instruction and quality programing for adults and youth.

Opportunities for events and reservations will be available to high school and college teams, corporate groups and charitable organizations. To reserve space and pay for tennis activities, players are asked to create and maintain an annual membership online at www.tenniscentersandpoint.com.



New tennis courts in pristine condition.
Photo by Jake Moe

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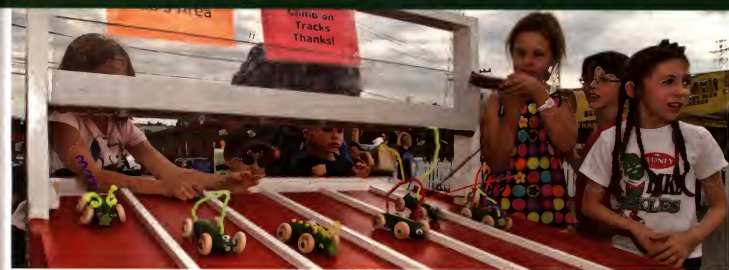
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Renton 425-282-4556 www.thebalancedathlete.com

EVENT CALENDAR



Kids decorate and race zucchini at the Fremont Oktoberfest. Photo courtesy of Patrick Lennox Wright

List your event Free!

Mail, email or fax calendar listings to:

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Before heading out, call ahead to verify times, fees and events. Always be prepared with appropriate equipment and food if necessary.

Those events highlighted in yellow also have an accompanying ad elsewhere in the magazine. Thank you for supporting our advertisers.

Bicycling September

- Sep. 6-9: **JDRF Tour de Tahoe to Cure Diabetes**, Lake Tahoe, CA, 72-mi, www.jdrf.org
- Sep. 7: **Pizza Pedal** & Run, Bremerton, WA, 100-100 mi ride, www.pizzapedal.com
- Sep. 7: **RBC GranFondo Whistler**, Whistler, BC, Canada, Vancouver to Whistler, 122km, www.granfondocanada.com
- Sep. 7: **Bike MS Ride Alaska**, Gridwood AK, 725-110 mi, www.nationalmssociety.org
- Sep. 7-8: **Bike MS Ride Washington**, Mt. Vernon, WA, 2-day ride, Benefits National MS Society, www.nationalmssociety.org
- Sep. 7-14: **Cycle Oregon**, Monmouth, OR, 7-day ride, www.cycleoregon.com
- Sep. 8: **Ride the South Sound**, Olympia, WA, 10, 20, 50, 60, 100 mi, www.cbstone.org
- Sep. 8: **High Pass Challenge**, Gifford Pinchot Wilderness Area, WA, 7, 500' elev, gain over 114 mi, 600 riders, www.cascadecolorado.com
- Sep. 8: **Spokefest**, Spokane, WA, 1, 9, 21, 47, 116, w/trial, www.spokefest.org
- Sep. 8: **People's Coast Classic**, Astoria, OR, 6-day ride, benefits Arthritis Foundation, www.thepeoplescoastclassic.org
- Sep. 8: **Tour de Lab**, Portland, OR, 18 & 30 mi, www.tourdelab.com
- Sep. 11: **Obiteride**, Seattle, WA, Benefits Fred Hutchinson Cancer Research, www.obiteride.org

- Sep. 14: **Farm-to-Farm Century**, Monroe, OR, www.farmtofarmride.com
- Sep. 14: **RBC GranFondo Niagara Falls**, Niagara Falls, NY, 78 mi, www.granfondocanada.com
- Sep. 14: **Ride Around the Sound**, Seattle, WA, 30, 75, 100 mi, www.actionlung.org
- Sep. 14: **Passport to Pain Bike Ride**, Vashon, WA, 8am, 80 mi, 10,000 ft elev, www.passport2pain.org
- Sep. 14-15: **MS Bike Tour**, Coeur d'Alene, ID, 50-200 mi, www.nationalmssociety.org
- Sep. 15: **Chuckanut Century Bicycle Ride**, Bellingham, WA, 25, 50, 62, 100, 124 mi, www.mtbak.org/club.org
- Sep. 15: **Cycle the Wave**, Issaquah, WA, 12, 25, 42, 62 mi, www.cyclethewave.org
- Sep. 15: **Olympic Bike Adventure**, Port Angeles - Sequim, WA, 10, 25, 60 mi, www.olympicbikeadventure.com
- Sep. 15: **Cascade to Crown Bicycle Ride**, Cascade Locks, OR, 15, 50, 60 mi, www.cascadetocrownride.com
- Sep. 16: **Tualatin Valley Scenic Bikeway Inaugural Ride**, Hillsboro, OR, 5am, www.tualatinvalleybikeway.com
- Sep. 16-21: **WaCanid Ride**, Newport, WA, 2 states, 2 countries, 344 mi, www.wacanid.org
- Sep. 21: **Cycle Umquam Vineyard Tour**, Roseburg, OR, 15, 30, 50, 75, 100 mi, www.umquam.org
- Sep. 21: **Dragonslayer Bike Hike and Trike Event**, Portland, OR, 5am, www.nvsaconra.com
- Sep. 21: **Hold River Harvest Ride**, Hood River, OR, 5 routes, www.hrhharvestride.com
- Sep. 21: **Cycle the Lakes Ride**, Cottage Grove, OR, 32, 67, 102 mi, www.cyclethelakes.com

- Sep. 21: **Biketoberfest**, Portland, OR, www.biketoberfest.com
- Sep. 21: **Ride the Rogue**, Rogue River, OR, 25, 45, 65, 100 mi, www.ridetherogue.org
- Sep. 21: **RTC Viva Bike Vegas**, Las Vegas, Nev, 3 routes. All skill levels, www.vivabikevegas.com
- Sep. 21: **Gran Fondo Walla Walla**, Walla Walla, WA, Cycling & wine, www.washingtoncycling.com
- Sep. 21: **Tour de Whidbey**, Oak Harbor, WA, 30, 40, 50, 100 mi, www.whidbeyevent.com
- Sep. 22: **Tour de Rock and Rough Ride 4000'**, Chewelah, WA, 10 mi, 4000' elev, www.sk49.com
- Sep. 22: **Tour de Victoria**, Victoria, BC, 50k, 100k, 140k, www.tourddevictoria.com
- Sep. 22: **Peace of a Century**, Salem, OR, 65, 74, 100 mi, www.salembycicleclub.org

- Sep. 28: **Bike Climb for Cancer**, Upstream Hill Climb, Issaquah, WA, Uphill biking, time trial, www.climb4cancer.net
- Sep. 28: **Gran Fondo Hood River**, Hood River, OR, www.projectsport.com
- Sep. 28: **CF Cycle for Life**, Terrebonne, OR, 30, 60 mi, www.cfcl.org
- Sep. 28: **Coeur d'Alene & Oktoberfest**, Coeur d'Alene, ID, 15, 37, 47, 84, 108 mi, www.northidahcentennialtrail.org
- Sep. 28-29: **Oregon Handmade Bicycle Show**, Portland, OR, 10am. Open to US framebuilders, www.oregonframebuilders.org
- Sep. 28-29: **Wine Country Trek**, Prosser, WA, Ride thru heart of WA wine country, www.kiwanswinecountrytrek.com
- Sep. 29: **Harvest Century**, Hillsboro, OR, Civic Center, 3, 45, 75, 100 mi, www.harvestcentury.org
- Sep. 29: **Kitsap Color Classic Kitsap Peninsula**, Kitsap Peninsula, WA, 33, 43, 44, 64 mi, www.cascade.org
- Sep. 29-30: **Fly and Bike Festival**, Chelan, WA, Spot-landing contest for hang gliders/paragliders, 10 mi bike ride, www.chelanflyers.com
- Sep. 30 - Oct. 2: **Fall Bike Film Festival**, Methow Valley, WA, Smooth ride to glorious high alpine tracks, www.mvsta.com

October

- Oct. 4-6: **Outerbike**, Moab, UT, Consumer demo event for road & mountain bikes, www.outerbike.com
- Oct. 5: **The Manastash Metric Century**, Ellensburg, WA, 104k, challenging, www.drieride.org
- Oct. 5: **CF Cycle for Life**, Spokane, WA, 30, 65 mi, www.cfcl.org
- Oct. 10-13: **Walla Walla Wine Bike Tour**, Walla Walla, WA, 4 days, 3 nights, www.seattle-cycling-tours.com

November

- Nov. 2: **Bicycle Alliance of Washington Auction**, Seattle Center Fisher Pavilion, Annual gala & fundraiser, www.bicyclealliance.org

Bicycle Racing

September

- Sep. 15: **Mt. Ashland Hill Climb Bike Race**, Mt. Ashland, OR, 24 mi, www.obra.org
- Oct. 25-27: **Halloween Cyclocross Crusade**, Bend, OR, 2 full days of epic racing at DeSchutes Brewery, www.visitbend.com

Mountain Biking

September

- Sep. 7-8: **Dir Series Canada**, Whistler, BC, Canada, Coed mountain bike camp, www.dirseries.com
- Sep. 14: **Fat Fifty-Five Oakridge Mountain Bike Marathon**, Oakridge, OR, 50 mi, www.fatfiftyfive.com
- Sep. 14: **Cascadia Dirt Cup - Capitol Forest Enduro**, Olympia, WA, 21 mi, www.cascadiadirtcup.com
- Sep. 23-25: **Oregon State Championship Downhill**, Mount Hood, OR, 100+ racers, www.skibowl.com
- Sep. 28: **Cascadia Dirt Cup - Tiger Mt. Enduro**, Issaquah, WA, 8am, www.cascadiadirtcup.com

October

- Oct. 6: **Take a Kid Mountain Biking Day**, Duffie Hill Park, WA, Bikes rides thru park. Free BBQ lunch, www.evergreenmtb.com
- Oct. 20: **Cascadia Dirt Cup - Chuckanut Enduro**, Bellingham, WA, www.cascadiadirtcup.com

Multisport

September

- Sep. 7: **Iron Horse Relay**, Snoqualmie, WA, 70 mi of water, trails and roads, www.ironhorselay.com
- Sep. 7: **Lake Stevens Olympic and Sprint Triathlon**, Lake Stevens, WA, 8am Olympic, 8:45am sprint, www.budracung.com
- Sep. 7: **Subaru Western Series Triathlon**, Banff, AB, Sprint, Olympic, half-Iron, www.triathlons.ca
- Sep. 7: **Banff Triathlon**, Banff, AB, Canada, Olympic, sprint, super sprint, relay, www.triseries.ca
- Sep. 7: **Best in the West Half Iron/Triathlon**, Sweet Home, OR, 1.2mi S, 56mi B, 13.1mi R/500m S, 12mi B, 8.3mi R, www.slowthrive.com
- Sep. 7: **Cottage Lake Tri & Tri Again**, Woodinville, WA, 25-mi S, 9-mi B, 1.6-mi R, www.trifind.com
- Sep. 8: **Lincoln City Sprint Triathlon**, Lincoln City, OR, 75k S, 15.5k B, 9.8 B, www.bikeactive.com
- Sep. 8: **Tri Turtle Tr**, Wildcat Lake Park, Seabeck, WA, Childhood-obesity prevention, www.triturtletr.com

Continued on page 42



Sep. 8: Seattle Escape from the Rock Triathlon, Mercer Island, WA, 5 mi S, 12 mi B, 2.5 mi R, www.envisports.com

Sep. 13-14: Hidden Springs Duathlon, Youth Triathlon & Kids Run, Boise, ID, 3.1 mi R, 12.4 mi B, 3.1 mi R, www.ymcavtvidaho.org

Sep. 14: Seattle Super Spartan, Seattle, WA, 8 mi, extreme obstacle course, www.spartanrace.com

Sep. 15: Kirkland Triathlon, Kirkland, WA, Sprint-distance tri, du, aquabike, www.trifreaks.com

Sep. 15: Ole's Assault, Astoria, OR, 10am. Adventure race, www.odogevents.com

Sep. 21: Bellingham Traverse, Bellingham, WA, 35.5 mi of mtn biking, running & paddling, www.bellinghamtraverse.com

Sep. 21: Cape Disappointment Sprint Triathlon, Ilwaco, WA, 9am, Black Lake Park, www.funbeach.com

Sep. 21: Grand Columbian Triathlon Super Tri, Grand Coulee Dam, WA, tri, du, aquabike, www.thegrandcolumbian.com

Sep. 21: Leadman Tri, Bend, OR, 250k, www.leadmantri.com

Sep. 21: Mind Over Mountain Adventure Race, Cumberland, BC, www.mindovermountain.com

Sep. 21: Xterra USA Championships, Ogden, UT, www.xterraplanet.com

Sep. 22: Portland Triathlon, Portland, OR, Sprint & Olympic, www.portlandtri.com

Sep. 28: Merrill Oyster Urban Adventure Race, Seattle, WA, Teams run, bike, paddle & climb, www.seattleoyster.com

Sep. 28: Methow Valley Off-Road Duathlon, Winthrop, WA, 40k B, 10k R. Solo or team, www.northcascademountainhostel.com

October

Oct. 12: XTERRA Harvest Half Trail Run, Kenmore, WA, www.xterraplanet.com

Oct. 13: Mt. Bike Duathlon, Bellingham, WA, 2.6 mi R, 4 mi B, 2.6 mi R. Youth duathlon to follow, www.trifreaks.com

Oct. 13: Tri Girl Tri, Napa, CA, All women, www.envisports.com

Oct. 19-20: Diablenom Triathlon, Walnut Crk, CA, Sprint-distance tri, www.trifreaks.com

Oct. 27: XTERRA World Championships, Maui, HI, www.xterraplanet.com

Hiking & Outdoors

September

Sep. 5-8: Yoga in the Ancient Forest, Opal Creek, OR, Workshop, www.opalcreek.org

Sep. 7-8: Seattle Inner City Outings Volunteer Training, Seattle, WA, Monthly outing for kids, ci.oierrad.org/seeit/public/home.aspx

Sep. 7: Tacoma Craft Beer Festival, Tacoma, WA, Largest single-day beer fest in WA, www.tacomacraftbeerfest.com

Sep. 13-15: Washington Outdoor Women's Annual Fall Skills Workshop, Carnation, WA, Outdoor-skill workshops, www.washoutdoorwomen.org

Sep. 14-15: Rainier Mountain Festival, Ashford, WA, Climbing festival, www.rainierfestival.com

Sep. 15: CROC at Willamette Mission State Park, Gervais, OR, 6 overnighting courses, www.croc.org

Sep. 23: Fremont Oktoberfest Street Scramble, Seattle, WA, SK, all ages, www.fremontoktoberfest.com

Sep. 27-28: Spokane Oktoberfest, Spokane, WA, 24 craft breweries, 50+ beers, www.washingtonbeer.com

Sep. 28: Dungeness River Festival, Sequim, WA, Family friendly, www.sequimchamber.com

Sep. 28: Oregon State University Orienteering, Corvallis, OR, Free orienteering event. Team or single, www.forestrunners.com

Sep. 28: SOLV Oregon Beach Clean-Up, Brookings to Astoria, Individuals & teams welcome, www.solv.org

October

Oct. 1 - Nov. 15: Wild Mushroom Celebration, Long Beach, WA, Special dinners, workshops, www.wildmushroomcelebration.com

Oct. 5: Clean Mountain 4 & 8-Hour Nav Race, Naches, WA, Rogaine, www.threes1ser.com

Oct. 5-6: Anacortes Oktoberfest, Anacortes, WA, 30 breweries, music, food, www.anacortes.com

Oct. 5-6: Salmon Days, Issaquah, WA, www.salmondays.org

Oct. 5-6: Birdfest Nature Festival, Ridgefield, WA, www.ridgefieldbirdfest.org

Oct. 10-13: Pine Creek Conservation Area Volunteer Trip, Pine Creek, Conservation Area, OR, Clear barbed wire. Restore nature, www.onda.org

Oct. 11-13: Mountain Film on Tour Friday Harbor, Friday Harbor, WA, www.mountainfilm.org

Oct. 12-13: Raptors of the Western Cascades, Opal Creek, OR, Identification workshop, www.opalcreek.org

Oct. 13-22: Climb to Fight Breast Cancer, Many climbing options, www.getinvolved.thc.org

Oct. 26: Traditional Vamper O Score, Boise, ID, Simplot Sport complex, 7pm - www.ctoc-base.blogspot.com

Oct. 26: Vampire-O, Shewenod, OR, A mix of orienteering & tag, www.croc.org

November

Nov. 1-Nov. 10: Wilderness First Responder, Opal Creek, OR, 10-day course, www.opalcreek.org

Nov. 11: Northwest Trek Military Appreciation Day, Eatonville, WA, Free military admission, www.nwtrek.org

Nov. 17: Caldwell Street Challenge, Boise, ID, Orienteering, start at Julia Davis Park, www.ctoc-base.blogspot.com

Running

September

Sep. 7: Free to Breathe SK Run/Walk, Tacoma, WA, 9am, www.freetobreathe.com

Sep. 7: North Cascades PCT 100K, Mazama, WA, 9am, www.ncpct100k.blogspot.com

Sep. 7: Heroes Mud Run, Snohomish, WA, SK, obstacle challenge, www.heroesmudrun.com

Sep. 7: Iron Warrior Dash North Plains, North Plains, OR, Extreme obstacle course, www.warrioridash.com

Sep. 7: McKenzie River 50K, McKenzie Bridge, OR, www.mtr.org

Sep. 7: Street Scramble Anderson Island, Anderson Island, WA, Run/bike to 30 checkpoints on map, www.streetscramble.com

Sep. 7: Dash Point Trail Run, Federal Way, WA, 10k, 1/2 marathon, www.evergreentrailruns.com

Sep. 7: Dayton Fiesta Run, Dayton, OR, SK, 10k, kids, www.daytonfiesta.com

Sep. 7: Kelso Highlander Festival Fun Run/Walk, Kelso, WA, 15k, www.highlanderkelso.gov

Sep. 8: Moscow Mountain Madness, Moscow, ID, 1/2 marathon, www.palouseultrarunners.org

Sep. 8: Sunday Sundae 10-Miler, Spokane, WA, 10 mi, www.brrc.net

Sep. 8: Pints to Pasta, Portland, OR, 10k, www.runwithpaula.com

Sep. 13: Harmon Tap Run-Hike Hustle, Tacoma, WA, Wright Park, ages 21+, SK, www.metroparkstacoma.org

Sep. 14: Run for Recovery, Yelm, WA, 3 mi, stroller friendly, www.tmdl.org

Sep. 14: Race the Reaper Yamhill, Yamhill, OR, 6 mi, extreme obstacle course, www.racethebeast.org

Sep. 14: Discovery Trail Half Marathon, Long Beach, WA, [www.funbeast.com](http://www.funbeach.com)

Sep. 14: Fairhaven Runners Waterfront 15K, Bellingham, WA, 8:30am, www.fairhavenrunners.com

Sep. 14: Hell Run, Carnation, WA, Extreme obstacle course, www.hellrun.com

Sep. 14: Run Wight to the Sun, Tacoma, WA, Ages 21+, SK, www.metroparkstacoma.org

Sep. 14: Fort Lewis Half Marathon, Fort Lewis, WA, 1/2 marathon, SK, www.fortlewisrvmr.com

Sep. 14: Guts and Glory Dash, Kennewick, WA, SK, obstacle course, www.gutsglorydash.com

Sep. 14: Hells Canyon Relay, Hells Canyon, OR, www.hells canyonrelay.com

Sep. 14: JBLM Half Marathon & SK, Selah, WA, www.jblmrv.com

Sep. 14: Kickin' the 10K, Great Falls, MT, 1/2 marathon, 10k, www.grizzlymarathon.com

Sep. 14: Oktoberfest Road Race, Mount Angel, OR, SK, 10k & 1-mi kids run, www.mtangel.net/mattthew

Sep. 14: Scavenger Dash, Seattle, WA, Team urban adventure, www.scavengerdash.com

Sep. 14: Steve King 100km Classic, Princeton to Sumner, BC, Relay & ultra, www.stevekingclassic.com

Sep. 14: Vancouver Eastside 10km, Vancouver, BC, www.vancouverrunning.com

Sep. 14: ShooBox Run, Arlington, WA, SK, 10k, www.arlingtonrunnersclub.org

Sep. 14-15: Plain 10 Mile Endurance Run, Plain, WA, Trail & forest service roads, www.plainendurancerun.com

Sep. 15: Congo Kids Sk, Sk, Springfield, OR, Supports City of Rogue's mt, secure.getmrestered.com

Sep. 15: Sandpoint Scenic Half Marathon, Sandpoint, ID, SK, 1/2 marathon, www.sandpointid.com

Sep. 15: Boys & Girls Club Cycle Challenge, Salem, OR, 9am, www.bgc-salem.org

Sep. 15: Portland Race for the Cure, Portland, OR, SK run/walk, 1 mi family walk, www.korenorg.org

Sep. 15: You Go Girl, Tacoma, WA, All women, 10k, 1/2 marathon, www.youyogogirl.com

Sep. 15: Make-A-Wish Walk for Wishes, Redmond, WA, SK, family friendly, www.alvawish.org

Sep. 19-21: Wenatchee River Salmon Festival Run, Leavenworth, WA, 1k, SK, 10k, www.salmonfest.org

Sep. 19-21: St. Lukes Women's Fitness Celebration, Boise, ID, SK run/walk, www.celabreall.org

Sep. 21: Run for your Rights Sk, Seattle, WA, Pro-choice supporters, www.ProChoiceWashington.org

Sep. 21: Cle Elum Ridge Run, Cle Elum, WA, 25k, 50k, Trail run, www.cleelumridge.blogspot.com

Sep. 21: Indian Summer Half Marathon, Richland, WA, SK, 1/2 marathon, www.3mtr.org

Sep. 21: Kiss Me Dirty, Portland, OR, 9:30am. Mud run, www.kissmedirty.com

Sep. 21: North County Wine Run, Battle-ground, WA, SK, 1/2 marathon, www.northcountymenuesen.getitbold.com

Sep. 21: Prefontaine Memorial Run, Coos Bay, OR, 10am, 10k, www.prefontaine-run.com

Sep. 21: Dirty Duck Sk, Eugene, OR, www.dirtyducks.com

Sep. 21: Priest Lake Marathon, Half and SK, Priest Lake, ID, SK, 1/2 & 1/3 mile marathon, ultra, www.priestlakerace.com

Sep. 21: River Run, Wenatchee, WA, SK, 10k, 1/2 marathon, www.runwenatchee.com

Sep. 21: Whistler Spirit Run & Festival, Whistler, BC, Canada, X-country, trail running, www.whistlerspiritrun.com

Sep. 21: Middle Fork 50k, 21 Mile & Half Marathon, Mt. Baker to Snoqualmie, WA, www.mtrailruns.com



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Sep. 22: Champlog Half Marathon, Champlog State Park, OR, 5 mi, 1/2 marathon, kids races, www.energyevents.com/champloghalf

Sep. 22: Coeur d'Alene Kona Race for the Cure, Coeur d'Alene, ID, 1 mi, 5K, www.komenca.org

Sep. 22: Happy Girls Run, Forest Grove, OR, 5K, 10K, 1/2 marathon, www.happygirlsrun.com

Sep. 22: Self-Transcendence 7-Hour Race, Seattle, WA, SOA & relay team, www.northwestturning.us

Sep. 28: AIDS Walk and 5K run, Seattle, WA, Walk & 5K run, raise funds against HIV/AIDS, seattleaidswalk.org

Sep. 28: Oktoberfest Brewskidaddle, Vancouver, BC, Canada, 1mi or 5K run/walk, www.brewskidaddle.com

Sep. 28: Best Dam 10K Run & Walk, Estacada, OR, www.ornet.net

Sep. 28: Tehaleh trail run, Bonney Lake, WA, 5K, 10K, 1/2 marathon, www.evergreenalltrails.com

Sep. 28: Seattle AIDS Walk and 5K Run, Seattle, WA, 5K, 10K, 1/2 marathon, www.seattleaidswalk.org

Sep. 28-29: Epic Grid Obstacle Run, Portland, OR, www.epic-grid.com

Sep. 29: The Ten Miles, Eugene, OR, www.the10miler.com

Sep. 29: Beat the Burn 5K, Seattle, WA, West Seattle Waterfront, 9am, www.promotionevents.com

Sep. 29: Race for a Soldier, Gig Harbor, WA, 2 mi fun run, 1/2 marathon, www.raceforasoldier.org

October

Oct. 5: Extreme K Mud Run, Silverdale, WA, 5K, mud run, www.facebook.com

Oct. 5: Run for the Cure, Idaho Falls, ID, Fundraiser to find cure for breast cancer, www.pb-performance.com

Oct. 5: Baker Lake Ultra Trail Run, Concrete, WA, 50K, 100K, Trail run, www.bakerlake50k.com

Oct. 5: Covered Bridge Relay, Lane County, OR, Teams of 2-5, 25.3 mi loop, www.coveredbridgerelay.net

Oct. 5: Mt. Spokane 50K / 25K, Spokane, WA, Trail race, www.mtspokane50k.blogspot.com

Oct. 5: Pirate Plunder, Union Gap, WA, 4.5 mi, adventure race, www.visityakima.com

Oct. 5: Run Wild, Eatonville, WA, 5K walk, 5K/8K run, www.mtwet.org

Oct. 5: Sea Jane Run, Coos Bay, OR, All women, 1 mi, 5K, www.southcoastturningclub.org

Oct. 5: Sekani Trail Run, Spokane, WA, 5K, 10K, www.spokanehikes.com

Oct. 5: Celebrate Schools 5K Run, Lynnwood, WA, www.celibrateschools.org

Oct. 5-6: Run at Salmon Bays, Issaquah, WA, 7am, 5K, 10K, 1k kids dash, www.salmonbays.org

Oct. 5-6: Tough Mudder - Seattle, Seattle, WA, Extreme obstacle course, www.toughmudder.com

Oct. 6: Burien Brat Trot 5K, Burien, WA, Pub crawl, 5K, 1 mi family race, www.burienbrattrot.com

Oct. 6: Komen Race for the Cure, Eugene, OR, Against breast cancer, www.komenoregon.org

Oct. 6: The Run About the World, Seattle, WA, 5K, www.cultural.org

Oct. 11-12: Sk Vineyard Run, Prosser, WA, Followed by Grape Stomp, www.skvineyardrun.com

Oct. 12: Blue Lake Run, Troutdale, OR, 5K run/walk, 15K run, Free 1k kids run, www.ornet.net

Oct. 12: Defiance 50K, Tacoma, WA, 15K, 30K, 50K, www.defiance50k.com

Oct. 12: Detroit Lake Mud Run, Detroit, OR, 6 mi, Mud run, www.nrwildwateradventures.com

Oct. 12: Sechelt Fall Tune-Up Cross Country, Sechelt: BCC Canada, 1k-6k, www.falltuneup.com

Oct. 13: Sun City Half Marathon & Barry James Memorial 5K, Yakima, WA, 9am, 5K, 1/2 marathon, www.hrunners.org

Oct. 13: Crab Feet Fun Run, Port Angeles, WA, 5K, 6 mi, www.crabfeetfestival.org

Oct. 13: Griffins Half Marathon, Vancouver, WA, www.secure.getmisterster.com

Oct. 13: Great Columbia Crossing, Astoria, OR, 10K walk/run, www.greatcolumbiacrossing.com

Oct. 13: The Biggest Loser Run/Walk, Seattle, WA, 5K, 1/2 marathon, kids 1 mi fun run, www.biggestloserrunwalk.com

Oct. 14: Turkey Trot Vancouver, Vancouver, BC, Canada, www.turkeytrot.ca

Oct. 19: Run for Hope, Arlington, WA, 5K, 10K, 1/2 marathon, www.runforhope.org

Oct. 19: Lake Padden Trail Half, Bellingham, WA, www.lakepaddentrailhalf.com

Oct. 19: AirPort Run for Hope, Arlington, WA, 5K, 10K, www.arlingtonturnersclub.org

Oct. 19: Pack Cat 5K/10K, Tacoma, WA, 2.5, 5 mi, www.metroairportacoma.org/blackcat

Oct. 19: Howl and Scream Scram, Richland, WA, 5K, 10K, kids 1/2 mi run, www.3rrr.org

Oct. 19: Runaway Pumpkin Half Marathon, Lebanon, OR, www.runawaypumpkinhalf.org

Oct. 19: Dawg Dash 5K/10K, Seattle, WA, 10K run, 5K run/walk or Husky Pups run for kids, www.promotionevents.com

Oct. 20: Ft. Steilacoom Trail Run, Lakewood, WA, 5, 10 mi, 1/2 & full marathon, 50K, www.evergreenalltrails.com

Oct. 20: Run Like Hell!, Portland, OR, 5K, 10K, 1/2 marathon, kids 1/2 mi run, www.terrapienvents.com

Oct. 26: YIMCA Fall Classic 5K, Monroe, WA, 10am, 5K & kids dash, www.yimca-sno.com/monroe

Oct. 26: A Very Poplar Run, Boardman, OR, www.3rrr.org

Oct. 26: OCS Sears Fall Classic, Lewiston, ID, 2 mi walk or 5K run, www.lsc.edu

Oct. 26: ORCC Autumn Leaves Run, Champlog State Park, OR, 25K, 50K, 50 mi. Trail run, www.ornet.net

Oct. 26: Pumpkin Push 5K, Seattle, WA, Benefit for homeless, www.pumpkinpush.com

Oct. 26: Pumpkin Run, Leavenworth, WA, 1K, 2K, 6K, www.skileavenworth.com

Oct. 26: Issaquah Highlands - Green Halloween 5K, Issaquah, WA, www.hIGHLANDS5K.com

Oct. 27: Halloween Run, Bremerton, WA, www.visitkap.com/events

Oct. 27: Monster Dash 8K, 4K, Kid's run, Gig Harbor, 4K. Wear your costume!, www.databerevents.com

Oct. 27: Rock 'n' Roll 1/2 Marathon - Los Angeles, Los Angeles, CA, www.rocknroll.com/competitor.com

Oct. 27: Run Scared 5K/Walk, Seattle, WA, Costumes and treats, www.runscared5k.com

Oct. 27: Spooky 12K Trail Race, Port Gamble, WA, 12k, kids 1 mi run, www.portgamble.com

Oct. 27: Snohomish River Run, Snohomish, WA, 10K, 1/2 marathon, www.snohomishriverrun.com

November

Nov. 2: Klickitat Half Marathon & 5K Walk/Run, Kllickitat, WA, www.klickitatcenter.com

Nov. 2: Silver Falls Marathon, Silverton, OR, 1/2 & full marathon, www.runwildwateradventures.com

Nov. 2: Veteran's Day 10K/5K, Soap Lake, WA, www.abtllf.com

Nov. 2: Trailgeist Half Marathon, Boise, ID, 10am, Music, www.zhalmarathon.com

Nov. 2: Happy Girls Run, Sisters, OR, 5K, 10K, 1/2 marathon, www.happygirlsrun.com

Nov. 3: Get Your Run in Gear 5K, Redmond, WA, www.getyourrunin.com

Nov. 9: Veteran's Day Fun Run, Poulsbo, WA, www.visitpit.com/events

Nov. 9: Kevin's Cup, West Linn, OR, 3K, 39 mi ultra, www.xdogevents.com

Nov. 9: Winter Pineapple Classic, North Bend, WA, 5K, 5K fun run, Music, beer, www.winterpineappleclassic.org

Nov. 10: Autumn Trails Eugene, Eugene, OR, 5K, 6 mi, 10 mi, 16 mi, www.editededgetracing.com

Nov. 10: Carkeek Park 5K & 10K Trail Run, Seattle, WA, www.mvtrailruns.com

Nov. 10: Columbia River Classic, Richland, WA, 2, 10 mi, www.3rrr.org

Nov. 10: Padden Mudfest, Bellingham, WA, 10am, 12k trail run, www.abtllf.com

Nov. 11: Bellingham Trail Marathon, Bellingham, WA, www.bellinghamclub.com

Nov. 13-14: Bloomin' Warm Up, Soap Lake, WA, 5K, 10K run, www.abtllf.com

Nov. 16: Cause Plus Event, Portland, OR, 5K walk/run, or timed 10K run, www.causeandeventportland.com

Nov. 16: Grand Ridge 5M/13M/50K Trail Run, Issaquah, WA, www.evergreenalltrails.com

Nov. 16: JBLM Turkey Trot, Dupont, WA, www.jblmtr.com

Nov. 16: Mustache Dache, Portland, OR, www.mustachedache.com

Nov. 16: Mustache Dache, Seattle, WA, www.mustachedache.com

Nov. 16: Redmond Polvy Predictor, Redmond, WA, www.redmond.gov

Marathons

September

Sep. 7: Shore to Shore Marathon, Lake Chelan, WA, 10K, 1/2 or full marathon, www.lakechelanmarathon.com

Sep. 8: Skagit Flats Marathon, Burlington, WA, 1/2 & full marathon, www.skagitflatsmarathon.com

Sep. 14: Hagg Lake Hybrid Marathon, Gaston, OR, www.hagghybrid.com

Sep. 15: Montana Marathon, Billings, MT, 10K, full & 1/2 marathons, relay, www.montanamarathon.org

Sep. 15: Two Bear Marathon/Half Marathon, Whitefish, MT, www.twobearmarathon.org

Sep. 21: Columbia River Power Marathon, Umatilla, OR, 8K, 1/2 & full marathon, relay, www.columbianrivermarathon.com

Sep. 29: Bellingham Bay Marathon, Bellingham, WA, 10K, 1/2 & full marathon, www.bellinghambaymarathon.org

Sep. 29: Surrey International World Music Marathon, Surrey, BC, 5K, 1/2 & full marathon, www.surreymarathon.com

Oct. 5: Leavenworth Oktoberfest Marathon, Leavenworth, WA, 1/2 & full marathon, www.leavenworthmarathon.com

Oct. 6: Portland Marathon, Portland, OR, 1/2 & full marathon, www.portlandmarathon.org

Oct. 13: City of Trees Marathon, Boise, ID, 1/2 & full marathon, www.cityoftreesmarathon.com

Oct. 13: Poulsbo Marathon, Poulsbo, WA, North Kitsap HS, 10K, 1/2 & full marathon, www.poulsbomarathon.com

Oct. 13: Spokane Marathon, Spokane, WA, Riverfront Park, 5 mi, 1/2 & full marathon, relay, www.spokanemarathon.org

Oct. 20: Humbolt Redwood Marathon, Humboldt State Park, CA, 9am, 5K, 1/2 & full marathon, www.redwoodsmarathon.org

Oct. 27: Columbia Gorge Marathon and Half Marathon, Hood River, OR, www.columbiagorgeamarathon.com

Walking/Fitness

September

Sep. 7: PAWS Walk, Seattle, WA, 10am, 5K, www.paws.org

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Bellingham Bay MARATHON

7th Annual Marathon, Half Marathon & 5K
www.bellinghambaymarathon.org

Community Origins
by Neeka Cook

Sep. 7-8: Walk to End Alzheimer's, Everett, Mount Vernon, WA, 2 mi, www.alzociety.org
Sep. 7-8: Southern and Central Oregon Walk To D'Feet ALS, OR, 2 & 3 mi, www.walktoalssociety.org

Sep. 8: Whidbey Walking Festival, Coupeville, WA, www.beachhousewhidbey.com
Sep. 14: Harbor Heights Charity Dog Walk, Gig Harbor, WA, www.harborheights.com
Sep. 14: Walk to End Alzheimer's, Tacoma, WA, 2 mi, www.alzociety.org

Sep. 15: Walk Like Madd, Seattle, WA, Magnuson Park, 5k, www.supportmadd.org
Sep. 15: Willamette Valley - Walk To D'Feet ALS, Alton Baker Park, OR, 3 mi, www.walkoralsa.org

Sep. 20-22: The Seattle Breast Cancer 3Day, Seattle, WA, 60 mi, www.the3day.org
Sep. 21: Walk to End Alzheimer's, SW Washington and Seattle, WA, 2 mi, www.alzociety.org

Sep. 21-22: Relay For Life, Iwaco, WA, www.funbeach.com
Sep. 22: Walk Now for Autism Speaks - Oregon, Portland, OR, Benefic walk, autism research/awareness, www.walknowforautism.org

Sep. 22: Walk for the Animals, Seattle, WA, 2 mi, adopt a pet, www.seattlehumane.org
Sep. 22: AIDS Walk Portland, Portland, OR, 5k, www.aidswalkportland.org
Sep. 28: Walk Now for Autism Speaks, Seattle, WA, 10am. Fundraiser, www.walknowforautism.org

Sep. 28: Seattle AIDS Walk and SK Run, Seattle, WA, www.seattleaidswalk.org
Sep. 28-29: Walk to End Alzheimer's, Yakima, Sequim, WA, 2 mi, www.alzociety.org

Sep. 29: Walk To D'Feet ALS - Portland, Portland, OR, 3.5 mi, www.walktoalssociety.org

October

Oct. 2-3: Healthy Worksites Summit, Lynnwood, WA, Nat'l experts, speakers, www.healthysitesummit.org
Oct. 5: Arthritis Walk Southern Oregon, Medford, OR, 1, 3 mi, www.arthritis.org
Oct. 5: Pierce Co. Start! Heart Walk, Tacoma, WA, Family-friendly benefit, www.piercecountyheartwalk.org

Oct. 6: Step Out to Fight Diabetes - Spokane, Spokane, WA, 1-5 mi walk, www.diabetes.org/stepout
Oct. 26: Puget Sound Heart Walk, Seattle, WA, 8-30 am. Non-competitive family-friendly walk, www.pugetsoundheartwalk.kintera.org

November

Nov. 16: Jingle Bell Run & Walk Spokane, Spokane, WA, 1k Children's run with elves. 5k run, 5k fun run/walk, www.spokanejinglebellrun.kintera.org

Watersports

September

Sep. 7: Seattle Open Swim, Seattle, WA, Benefic. Seattle Open Swim Alliance, www.swimmacroamerica.org
Sep. 7: Bainbridge Island Marathon, Bainbridge Island, WA, 1/2 & full marathon, www.soundrunners.org
Sep. 14: Columbia Crossing Swim, Kennewick, WA, 1.5 mi, www.3hr.org

Sep. 14: Budd Inlet Race, Olympia, WA, 10 am, 8-mi, human-powered boats, www.soundrunners.org
Sep. 16: Seattle Row For the Cure, Seattle, WA, Rowing, kayak, canoe, dragonboat, www.rowfortheure.com

Sep. 21: Lake Samish Salmon Roe, Bellingham, WA, 10am, 6 mi, human-powered boats, www.soundrunners.org
Sep. 21: Last Gasp of Summer, Sea Tac, WA, 2-mi courses w/8 w/o wetsuits, www.lastgaspsummer.com
Sep. 23: Portland Row For the Cure, Portland, OR, 5k, www.rowfortheure.com
Sep. 28: Tail of the Lake Regatta, Seattle, WA, Lake Union, 4k, www.regatacentral.com

October

Oct. 5: Mercer Island Sausage Pull Race, Medina, WA, 10am, 8 & 14 mi, human-powered boats, www.soundrunners.org
Oct. 6: Hobuck Hoedown Surf Paddling Festival, Neah Bay, WA, www.rutycreekboathouse.com
Oct. 18-20: Lumpy Waters Symposium, Pacific City, OR, Kayak instruction, www.lumpywaters.com

Snowsports

October

Oct. 1-2: Tacoma Ski Swap, Tacoma, WA, www.tacomaskiswap.com
Oct. 4-5: Mt. Hood Snow Sports Swap, Hillsboro, OR, www.mhss.com
Oct. 12: Skyline's Winter Sports Swap, Bend, OR, www.mbsf.org
Oct. 12: Leavenworth Ski Swap, Leavenworth, WA, Cascade highschool, 9-11:45 am, www.skileavenworth.com
Oct. 17-20: Corvallis Ski Swap, Corvallis, OR, www.corvallisiskiswap.com
Oct. 19-20: Mountain to Sound Ski Swap, Seattle, WA, www.m2soutfitters.com

Oct. 25-26: Eugene Ski Swap, Eugene, OR, www.eugenekiswap.org
Oct. 25-26: Warren Miller - Oregon, OR, Portland - Arlene Schmitzer Concert Hall (10/25), Portland - Aladdin Theater (10/27), Corvallis - OSU LaSells Stewart Center, Austin Auditorium (10/30), Salem - Ebsjore Theater (11/1), Eugene - McDonald Theatre (11/2), www.warrenmiller.com

Oct. 24-Nov. 27: Warren Miller - Washington, WA, Yakima - The Capitol Theater (10/24), Spokane - Bing Crosby Theater (10/25), Richland - CJ Middle School (10/26), Tacoma - Pantages Theater (11/2), Bellingham - Mt. Baker Theater (11/6), Bellevue - Meydenbauer Center (11/9 & 10), Bremerton - Admiral Theater (11/14), Olympia - Washington CPA (11/15 & 16), Auburn - CPA (11/20), Historic Everett Theater (11/21), Seattle - McCaw Hall (11/22 & 23), Kirkland Performance Center (11/26 & 27), www.warrenmiller.com

November

Nov. 2: Islander Middle School Ski, Snow-bell & More Swap, Mercer Island, WA, Shop for gently used snow gear! www.mi-skiswap.com
Nov. 2-3: Yakima Ski Swap, Yakima, WA, www.yakimaskiswap.com
Nov. 8-10: Ski Dazzle Ski and Snowboard Show, Seattle, WA, www.skidazzle.com

Nov. 8-9: Newport Ski Swap, Bellevue, WA, www.skiswapinfo.com
Nov. 9-11: Olympia Ski Club Ski Swap, Olympia, WA, www.olympiaskiclub.org
Nov. 15-17: Ski Fever & Snowboard Show, Portland, OR, All of Portland's best retailers come together for huge sales! www.skifever.org

Nov. 25-30: Yellowstone Ski Festival, West Yellowstone, MT, www.yellowstoneskifestival.com

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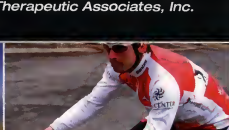
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PHYSICAL THERAPY



RECOVERY AFTER A LONG BIKE RIDE

Hooray! You did a long ride or powered through your long race. Now what? After you complete a long bike ride, there are many things you can do to speed recovery and prepare your body for the next workout.

Start the process during the ride by having a warm-up and cool-down period. Then begin the refueling process with liquids and carbohydrates immediately. The muscles you just worked will be more open to storing fuel for the next workout in the 10-30 minutes after exercise. Next, get to work on stretching your tight areas. A good ride should make you sore in the leg muscles (if you feel much tightness in the upper body or neck, this likely points to a poor fitting bike). Hold your stretches for 60 seconds for maximum effect, at a low intensity.

HERE ARE SOME OTHER RECOVERY IDEAS:

Cold water bath for 5-10 minutes - sitting in a cool tub can help to naturally reduce inflammation. This is preferred over anti-inflammatory drugs like ibuprofen and aspirin, which can chemically slow the healing process.

Kinesiology tape and compression clothing - science hasn't shown why many athletes feel they recover faster with compression like tape or socks, but I bet it has to do with effects on our fascia. Fascia is the thin layer of connective tissue connecting around and through everything in the body, and is where most of our sense of pain, pressure, and movement comes from.

Myofascial Release - a "hands-on" therapy practiced by many massage and physical therapists that has been shown to stimulate release of biochemicals that speed healing.

If you have any questions, have pain preventing you from enjoying your activities, or are interested in more personal and specific programs, please contact your local Therapeutic Associates Physical Therapist at: www.therapeuticassociates.com/locations

Quadriceps Stretch

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel. Perform this stretch 1 time per day.



Hip Flexor Stretch

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds. Repeat with left leg. Perform this stretch 1 time per day.



Piriformis Stretch

Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds. Repeat with left leg. Perform this stretch 1 time per day.



Calf Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg. Perform this stretch 1 time per day.



Pec Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 30 seconds. Perform this stretch 1 time per day.





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Scenic Half Marathon



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Harvest Wine Walk



Oktoberfest

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Toast the season at **Fall Fest**, Aug. 31-Sept. 2 at Schweitzer Mountain Resort. Gawk at the scenery in the **Scenic Half Marathon**, Sept. 15, and in the **WaCanid** bike ride, Sept. 16-21.

Then watch gentle giants at the **Idaho Draft Horse and Mule International**, Sept. 19-22. Come **October**, celebrate the season all month during **Harvest Wine Walk**, Oct. 3-Nov. 2, plus at **Oktoberfest**,

Oct. 5, and **Harvest Fest**, Oct. 12. Then Oct. 19 the **Warren Miller Ski Film** primes the pump for ski season. Go to www.VisitSandpoint.com to set your page this fall!



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8:00 PM

SATURDAY, NOV. 23

8:00 PM

Tacoma	Pantages Theatre	11/2
Bellingham	Mount Baker Theatre	11/8
Bellevue	Meydenbauer Center	11/9
Bremerton	Admiral Theatre	11/14
Olympia	The WA Center for the Performing Arts	11/15 - 11/16
Auburn	Auburn Performing Arts Center	11/20
Everett	The Historic Everett Theatre	11/21
Kirkland	Kirkland Performance Center	11/26 - 11/27

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EVERETT: REI Alderwood, Etix.com and The Historic Everett Theatre box office night of show.
BELLEVUE: REI Issaquah, REI Redmond, all Brown Paper Tickets outlets and the Meydenbauer Center box office night of show.
TACOMA: REI Tacoma and the Broadway Center box office.
BREMERTON: REI Silverdale and the Admiral Theatre box office.
KIRKLAND: REI Redmond and the Kirkland Performance Center box office.
AUBURN: REI Tacoma, REI Tukwila, Eventbrite.com and the Auburn Performing Arts Center box office night of show.
OLYMPIA: REI Olympia and The Washington Center box office.
BELLINGHAM: REI Bellingham, Tickets.com and the Mount Baker Theatre box office.

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